

# The President's Challenge

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## **Simple Choices Can Boost Nutrition In 2004**

There are some simple food choices that are easily overlooked in the normal diet, such as whole-wheat products, salmon, beans, and sweet potatoes. These foods can also contribute to improved health in the long run. Whole-wheat pasta is high in fiber, which increases gastrointestinal health, contributes to a lower risk of heart disease, and reduces complications linked to diabetes. Whole-wheat pretzels, tortillas, and crackers are other good choices. Salmon is a top food because it contains Omega-3 fatty acids. Omega-3 fatty acids reduce the risk of heart attacks and lower blood cholesterol, with less saturated fat compared to other meats. For the vegetable group, sweet potatoes are known as one of the most nutritious vegetables. They are rich in beta-carotene, which helps maintain vision, bones, tooth development, skin, and hair. For more information on these healthy food choices please visit

<http://www.cnn.com/2004/HEALTH/diet.fitness/01/01/foods.2004/index.html>